

## LIGHT BITES Mon - Fri 12.00 - 7.45pm Saturday 12.00 - 2.15pm

**Soup of the Day** 🥕 (Now available from 10.00am) eat in **4.50**  
Homemade with the freshest natural ingredients,  
served with bottomless freshly baked bread **to go 2.50**  
Grab some homemade freshly baked bread to go for 75p

**Ciabatta garlic bread** **3.50**  
with cheese **3.75**  
with cheese and salsa **4.25**

### Rolls or Sandwiches

Rolls, sliced bread, wholemeal pitta, flour tortilla wrap,  
gluten-free (+50p)

**Goats Cheese, Roasted Red Pepper & Hummus** 🥕 **4.25**  
**Thai Tuna Mayo with salad** **5.25**  
**Coronation Chicken with salad** **4.75**

Add a mug of soup or hand cut chips for 1.95 or sweet potato chips for 2.75

### HOT WRAPS

**Crab Cake & Sweet Chilli Mayo Wrap** **7.50**  
**Chicken, Chorizo & Guacamole Wrap** **7.50**  
**Chicken Goujons & Plum Sauce Wrap** **7.50**  
**Grilled Chicken Tzatziki Pitta Pocket** **7.50**  
**Grilled Halloumi and Hummus Wrap** 🥕 **7.50**

All served with hand-cut chips and salad garnish

**Smashed Avocado** ✓ **7.00**  
On chunky, wholemeal house-made granary toast.  
**UPGRADE!** Add your extras from the extra menu below

**Grilled King Prawn Tacos** 🥕 **9.50**  
Two folded soft warm tortillas topped with sour cream, avocado,  
tomato & coriander salsa, with grilled cayenne tossed shrimps & red  
cabbage slaw served with a wedge of lime.

### Mexican Quesadillas

Grilled sandwich of 2 x 2 tortillas filled with grated cheddar,  
peppers, sliced olives and spring onions, served with guacamole,  
salsa and sour cream

**Regular** 🥕 **8.00**  
**Grilled chicken** **9.00**  
**Jalapeno and sun blush tomato** **10.00**

## FRIDAY FISH & CHIPS

Join us on Fridays for Best  
Bitter Beer Battered Deep Fried  
Fresh Haddock Fillet, Minted  
Mushy Peas, Hand-Cut Chips &  
Homemade Tartare Sauce.

**11.95**

**Fish and chips  
with a pint  
Add a pint of  
any draught beer  
from our bar  
16.50**

## BURGERS

All served with hand cut chips and a salad garnish.  
Add a fried egg or jalapenos for 80p each

**Big Jac 6oz** **10.95**  
Homemade lean mince steak burgers with our blend of herbs  
with herbs, bacon, cheese, salsa, mayonnaise and lettuce

**Spicy Veggie Burger** 🥕 **9.95**  
With cheese, salsa, mayonnaise & lettuce

**Tex Mex Burger** **11.50**  
In-house Mexican Spiced Beef patty with tomato, lettuce,  
gherkins and a Cajun mayo

**Falafel Burgers with Tzatziki Sauce** 🥕 **10.95**  
In-house falafel patty with carrot and radish 'slaw and tzatziki  
sauce.

**Goat's Cheese Burger** 🥕 **10.50**  
Triple-crumbed with roasted red peppers, balsamic glaze,  
tomato and baby spinach.

## BOWLS

**Salmon Poke Bowl GF** **8.95**  
With white rice, pickled radishes & carrots topped with salmon,  
sliced avocado & spicy ponzu sauce, sprinkled with black  
sesame seeds, jalapenos & fresh coriander

**Avocado & Free Range Egg Caesar Salad** **8.75**  
Baby gem lettuce, cherry tomatoes, croutons, grated parmesan  
& homemade caesar dressing

**Whole Food Bowl GF** 🥕 **8.75**  
Organic brown rice, black beans, peppers, grated cheddar,  
black olives, sliced avocado, homemade salsa, topped with a  
Tali sauce, fresh coriander & sour cream

**Moroccan Chickpea & Cauliflower Bowl GF** 🥕 **9.25**  
Crispy Cumin Roasted Cauliflower, Moroccan spiced chickpeas,  
baby spinach, avocado, Cherry Toms, organic brown rice, zesty  
herb sauce

**Mexican Breakfast Bowl** **8.95**  
White rice, black beans, roast sweet potato, chorizo, fried  
eggs, avocado

## UPGRADE YOUR DISH. ADD PROTEIN, VEGGIES OR GRAINS

### Proteins

Grilled salmon fillet	6.50	Grilled chorizo	2.25
Grilled chicken breast	4.50	Crispy bacon	2.25
Sliced grilled chicken	3.25	Grilled halloumi	2.40
Fresh prawns	3.50	Grilled goats cheese	2.25
Grilled king prawns	4.50	Boiled egg	1.50
Smoked Salmon	4.00		

## MAINS

**Grilled Scottish Salmon Fillet GF** **13.50**  
Served with new potatoes, steamed seasonal vegetables and  
hollandaise sauce and salad garnish

**Grilled Cajun Chicken GF** **12.50**  
Bacon, guacamole, salsa and sour cream served with hand cut  
chips and salad garnish

**Chicken Tenders & Chips** **10.50**  
Breaded and deep fried, served with hand cut chips, salad garnish  
& a choice of 2 dips: plum sauce, sweet chilli, BBQ or mayo

**Deep Fried Fisherman's Basket** **9.75**  
Scampi, king prawn, calamari, filo prawn, crab cake, plaice  
goujons served with hand cut chips, tartar sauce and salad garnish

**Indonesian Nasi Goreng** 🥕🥕 **8.75**  
Wok fried rice with peppers, spring onion, mushrooms &  
Indonesian spices topped with a free range fried egg  
**Vegetable** 🥕 **8.75**  
**Grilled chicken** **9.95**  
**King Prawn** **11.95**

### Indian Curries:

**Hot Madras** 🥕✓ / **Medium Tikka Masala** / **Mild Korma**  
Served with rice, naan bread and poppadoms  
**Vegetable** 🥕 **10.25**  
**Grilled chicken** **10.95**  
**King Prawn** **11.95**

**Roast Sweet Potato & Cashew Massaman Thai Curry** 🥕🥕 **11.25**  
Served with rice  
**Veg** 🥕 **11.25**  
**Chicken** **11.95**  
**King Prawn** **12.95**

**Pad Thai** 🥕 **9.25**  
Wok fried oriental vegetables, rice noodles and shredded  
omelette, tossed with a pad thai sauce, topped with peanuts,  
fresh coriander and a wedge of lime  
**Vegetable** 🥕 **9.25**  
**Grilled chicken** **10.25**  
**King Prawn** **11.95**



# caféjao

version 2191  
autumn 2021

KEY: 🥕 Vegetarian ✓ Spicy ✓ Vegan options available just ask! GF Gluten Free

## MENU REVIEW

Scan here to leave a quick review!



### Our Allergens

As our kitchen has limited space • we regret we  
can NOT guarantee that any of our products do not  
contain any trace amounts of the following allergens;  
Celery • cereals containing gluten — including  
wheat (such as spelt and Khorasan) • rye • barley  
and oats • crustaceans — such as prawns • crabs  
and lobsters • eggs • fish • lupin • milk • molluscs  
— such as mussels and oysters • mustard • tree nuts  
— including almonds • hazelnuts • walnuts • brazil  
nuts • cashews • pecans • pistachios and maca-  
damia nuts • peanuts • sesame seeds • soybeans  
,sulphur dioxide and sulphites.

Should you like to see a list of the ingredients  
our products are made with, please ask the  
Duty Manager and they will be happy to help.

WIFI PASSWORD: americano

# BREAKFAST & BRUNCH

Mon - Fri 7.30am - 11.15am

Saturday 8.30am - 11.15pm

**Omelette** Made with 3 free-range eggs 🥕 4.50  
Bacon, veggie sausage, sausage, black pudding, tomato, cheese, mushrooms. Add 1.25 per filling

**Breakfast Roll 2 Fillings** 🥕 4.25  
Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, avocado, grated cheddar.  
Extra fillings 1.25

## 'MONTIES'

**Full Monty** 9.50  
Two bacon, Two eggs, beans, sausage, mushrooms, tomato & hash brown, black pudding.

**Three-quarter Monty** 8.50  
Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown.

**Veggie Monty** 🥕 9.00  
Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown.

**Mini Veggie Monty** 🥕 6.75  
One egg, beans, mushrooms, tomato, one veggie sausage, potato scone and hash brown.

All served with unlimited toast, tea or house coffee (or a carton of juice).

Our eggs are free range and can be fried, poached or scrambled. Sorry, no substitutions during peak periods.

## BUILD YOUR OWN BREAKFAST\* \*minimum charge £4 unless adding to another dish

2 Rashers of bacon	2.0	2 Eggs (any way)	1.8	Roasted red peppers	2.0	Gluten Free toast	2.2
3 Slices black pudding	2.0	3 Half tomatoes	1.3	Mushrooms	1.6	Pancake	1.6
4 Sausages	2.0	3 Hash browns	1.6	Beans	1.4	Halloumi	2.4
2 Veggie sausage	2.0	3 Potato scones	1.6	Toast	1.4	Maple syrup	0.9
Smoked salmon	4.0	Half an avocado	2.2	Homemade toast	2.2		

# JUICES & SMOOTHIES

Fancy something different? Build your own juice.....

## FRESH JUICES FRESH TO ORDER (16oz)

**Turmeric Root Juice** 3.95  
Carrot, turmeric, apple & orange

**Green Detox Juice** 4.50  
Baby Spinach, Apple, Cucumber, Ginger, Lemon & Mint

**Hot Red Head** 3.95  
Carrot, Ginger, Orange

**Passion Fruit Juice** 3.95  
Passion Fruit, Apple, Kiwi, Orange

**Orange or Carrot** (12oz) 3.50 (16oz) 3.95  
Packed with pro-vitamin A

## SMOOTHIES BLENDED TO ORDER

**Mango & Orange** 4.25  
Mango, Banana, Fresh Orange Juice, honey

**Raspberry Detox** 4.25  
Raspberries, coconut milk, flax seeds, honey

**Strawberry, Avocado & Banana** 4.25  
With coconut milk & honey

**Blueberry Smoothie** 4.25  
Blueberries, banana, oat milk, honey

**DRINK OF THE MONTH** Fresh Seasonal Smoothie/Juice  
See the board for details



# COFFEES

## Hot Drinks

	Reg	Large
Fresh Filter Coffee	1.95	2.30
Cappuccino / Flat White		2.75
Americano		2.45
Espresso	1.75	2.10
Latte	2.75	3.10
Cortado	2.35	
Hot Chocolate	2.75	3.10
White Hot Chocolate	3.00	3.50
Chai Latte	2.95	3.50
Steamed Milk	1.95	2.35
Mocha / White Mocha	3.05	3.40
Tea / Herbal Tea	1.75	2.00
Matcha Latte	2.75	3.10
Baileys Salted Caramel Hot Choc.	4.65	
Terrys Chocolate Orange Hot Choc.	3.10	

## Chilled Drinks

Espresso Caramel Frappé (cream optional)	3.95
Mocha Frappé (cream optional)	3.95
Chai Frappé (cream optional)	3.95
Iced Latté (with or without syrup)	3.25
Iced Mocha (with or without syrup)	3.50
Iced Americano (with or without syrup)	2.75
Vietnamese Iced Coffee	3.25

Add cream, marshmallows or syrup for 45p each.

Soya, organic, oat, coconut or almond also available!

# BAR DRINKS

## Whites Wines

	175ml	250ml	750ml
Chenin Blanc <i>Kudu Plains, South Africa</i>	5.00	6.35	17.25
Pinot Grigio <i>Delle Venezie, Italy</i>	5.00	6.35	17.25
Sauvignon Blanc <i>Waipara Hills, New Zealand</i>	6.25	8.10	21.75
Chardonnay <i>Ladera Verde, Chile</i>	6.25	8.10	21.75

## Red Wines

Cabernet Sauvignon <i>Ladera Verde, Chile</i>	5.00	6.35	17.25
Merlot <i>Ladera Verde, Chile</i>	5.00	6.35	17.25
Shiraz <i>Fish Hook, South Africa</i>	5.00	6.35	17.25
Marques de Caceres <i>Rioja, Spain</i>			21.75

## Rosé Wines

White Zinfandel <i>Jack Rabbit, California</i>	5.00	6.35	17.25
Pinot Grigio Rosé <i>Italia</i>	5.00	6.35	17.25

## Prosecco

Ponte mini bottle 200ml (brut or rose) 6.75  
A range of spirits are also available.

## Soft Drinks

Coke, Diet Coke, 7UP, Tango, Irn Bru, Ginger Beer	1.95
Sparkling Water (33cl / 1lt)	2.10 3.50
Mineral Water (33cl / 1lt)	2.10 3.50
St. Helier Sparking Drinks (Lemon or Orange)	2.50
Juices - Apple, Orange, Cranberry	1.50
Fever Tree Tonic	1.95

# DESSERTS

Add Jersey Dairy Ice Cream for 1.25 or whipped cream for 75p

## Chef's Desserts

Check the cake fridge or ask for the current special

**Carrot Cake** 3.95

**Chocolate Fudge Cake** 3.95

**Warm Apple Pie** 4.50

**Banoffee Pie** 3.95

**Salted Caramel Affogato** 3.95

With Jersey Dairy vanilla ice-cream cream

**Cheesecake** 4.50

Check the cake fridge or ask for the current special

**Jersey Dairy Vanilla Ice Cream** 1.25 (per scoop)

# ICE CREAM SHAKES

All varieties 3.50

Chocolate, Hazelnut, Salted Caramel, Caramel, Vanilla, Coconut, Strawberry, Raspberry, Banana, Mango, Passionfruit.

Check our fridge and counter for home made cakes and nutritious pots and goodies

## IS THERE A DRAUGHT IN HERE?

We're now serving draught beers from our new great rocket bar.



## Craft Beers

Check the board or ask your server for the local or selected craft beer on offer this month.

## Draught Beers

	Half	Pint
Camden Ale	2.95	5.50
Moretti	2.75	4.95

## Bottled

Tyskie, Guinness, Liberation Ale, Stinky Bay	5.25
Peroni, Corona	4.50
Newcastle Brown Ale	5.25
San Miguel low alcohol	3.40

## Cider

Rekorderlig, Magners, Thatcher's Gold, Thatcher's Rose	5.50
Tempted Elderflower Irish Cider	5.50
Val De Rance Breton Cider (750ml)	7.50
Galipetter Alcohol Free	3.75

# caféjac